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Hello Turn Members!

Welcome to another installment of our Turn Member Newsletter. We are excited to start back with our golf and fitness clinics this week. As we see the weather continue to improve we certainly have our focus on trying to start moving golf programming to outside. We will begin putting The Turn sign out in front of the clubhouse to signal incoming members where to check in for that day's programming. If the arrow on the sign is pointing left, please check in at the Wharton Center (Big Building). If the arrow is pointing straight, please check in on the back patio of the clubhouse.

Our annual Night at The Races event is scheduled for Friday April 23, 2021 at Lenau Park in Olmsted Falls. If you purchased tickets, horses, or sponsorships for last years event they will be honored this year. Lenau Park is working closely with us to ensure all safety protocol is in place. There protocols are listed below: The following are our protocols regarding safety with COVID-19:

- 1.) **Masks are required for everyone inside the building unless they are actively eating or drinking.**
- 2.) **Best Practices are posted at entrances, in restrooms, and throughout the building.**
- 3.) **Hand Sanitizer stations have been installed throughout the space and outside.**
- 4.) **There will be adequate space between guest tables to provide for social distancing.**
- 5.) **The staff will use PPE (masks & gloves) at all times and has been trained in best practices.**
- 6.) **The floors will be clearly marked for safe distancing at buffets and bars.**
- 7.) **There will be no Self-Serve buffets**
- 8.) **The ventilation system has been newly serviced to ensure proper intake of fresh air.**
- 9.) **Guests will have access to the adjacent patio area and doors will be open (weather permitting) to allow for even more air flow.**

We are looking forward to a fun and safe evening to spend with friends, family and the entire Turn Community. Contact Shellie to register or with any questions.

If you are attending In-Person classes this week, you can bring a mid-iron, a hybrid, a driver and some water. If you are attending our Virtual Class, the list of optional items for this week is below:

Sturdy Chair
Weights/exercise band/soup cans
Water
Golf Clubs (Iron, Driver and Hybrid)

We can't wait to see you this week-

The Turn Staff

Weekly Fitness Focus

A Whipping Good Time!

The Turn staff always emphasizes the importance of warming up prior to participating in any sports activity. A golf research study has shown that dynamic, rather than static stretching, can increase your distance. In my opinion, the most important benefit of warming up is the decreased risk of injury. Warm-ups can include walking, biking, a dynamic stretch routine and/or the use of resistance bands. During our sessions, we warm-up with dynamic stretches that key into areas of the body that we target to improve the efficiency of our golf swing. Another warm-up alternative is the use of the Orange Whip®.

The Orange Whip® has a grip and a shaft with a weighted orange ball on the end. It comes in various sizes. It is designed to improve flexibility. The shaft is flexible which can provide a low-impact body stretch. The user can increase strength, especially in the core, wrists, and forearms. The Orange Whip® facilitates coordination of the arms and body properly to hopefully develop muscle memory creating more consistency in the golf swing. Tempo is another part of the golf swing that may improve, as well as balance. The Orange Whip® can promote a more efficient motion that facilitates the proper release that Trevor and Erin have emphasized recently during their golf lesson plans.

In our next fitness lesson, our staff and volunteers will lead the members in a few drills using the Orange Whip®. Whether you are attending in person or during our Zoom session, we are all going to whip into shape during our next 2 sessions!

Weekly Golf Focus

An Even Greater IMPACT (Impact Part 2)

This week our focus on the golf side will be discussing proper impact for your full swings. We will be helping you to understand what you are trying to achieve at impact with a full swing iron, a full swing hybrid and a full swing driver. To be successful with all your shots, it is imperative that you have the knowledge of how your impact positions might be different based on the club that you are using (ex: a hybrid off the ground vs. a driver off the tee).

If you are attending in-person this week, please bring :

- An iron**
- A hybrid**
- A driver**

If you do not have any of the clubs listed, do not worry as we can provide to you during the clinic!